

which is the subject of comparative psychology. Here, to use his own words, he finds himself "in a bees' nest, where methods and terminology are foreign," and it would seem that in consequence he abandons the difficulties by taking comfort in a naïve philosophy. No amount of holism can however make the bees' nest any less foreign, and if the techniques of comparative psychology are necessary in the study of the behaviour of the red deer, it is the task of the student of the subject to become familiar with them. Moreover, if the teleological approach to a scientific study is dangerous, as Dr. Darling claims it to be, he should not resort to it as frequently as he does, nor should he abandon the scientific approach, which he uses to such good effect in many places, in favour of vague "psychological causes" which mostly prove to be tautologous statements. The primary business of the student of animal behaviour is to study animal behaviour by acceptable scientific methods, and even if animals are, as Dr. Darling writes, more serene with those who treat them as "likeable children of our own kind" than with those who study them by the experimental method, that does not detract from the experimental method. It is indeed a pity that Dr. Darling has marred an otherwise excellent and charming work by raising issues of this kind.

S. ZUCKERMAN.

PSYCHIATRY

Deutsch, Albert. *The Mentally Ill in America.* New York, 1937. Doubleday, Doran & Company. Pp. 530. Price \$3.00.

THE preparation of this important book was made possible by the American Foundation for Mental Hygiene, and the author is to be congratulated upon the full, lucid and interesting presentation of his material.

The introduction was written by the late Dr. William A. White and that eminent psychiatrist considered that no single impression was stronger than the realization one

gets from reading the book of the terrific effort that man must make in order to progress.

The author emphasizes the fact that the psychiatric tradition of the settlers in the New World corresponded to the practice and teaching in Europe, and that the mentally ill in America were burned at the stake in the belief that they were bewitched, or were hanged, tortured and persecuted. He traces the steps which led to the opening in 1773 of the Eastern Lunatic Hospital at Williamsburg, Virginia—the first public hospital in America exclusively for the treatment of the mentally ill, and although no record of the early methods of treatment at the hospital has been transmitted, it is suggested that coercive measures and the old reliance on chains and confinement in cells prevailed here as elsewhere. The abolition of mechanical restraint in the treatment of the insane began in 1792 with the simultaneous efforts of William Tuke at the York Retreat in England, and of Pinel at the Bicêtre Asylum in Paris, and Mr. Deutsch considers that the direct influence of Tuke was more important in America and that of Pinel in Europe. The influence of the former was manifested in the establishment of the second special institution for the mentally ill—the Friends Asylum opened at Frankford, Pennsylvania, in 1817. Gradually a forward policy was accepted and mental illness came to be regarded as curable.

In an interesting chapter on mid-century psychiatrists, Mr. Deutsch shows how the Association of Medical Superintendents of American Institutions for the Insane was born in 1844, three years after the first national psychiatric body in the world had been founded in England. The organization formed in Philadelphia in 1844 was known later as the American Medico-Psychological Association, and now bears the title of the American Psychiatric Association.

The technical reader will particularly appreciate the author's references to the American psychiatrists of the last and present century. Of present-day psychiatrists tribute is paid to the work of Dr. Adolf Meyer, whose dynamic personality, deep knowledge and broad outlook have achieved

profound changes in American psychiatric thought, and have done so much to turn attention to the study of the individual mental patient in relation to his environment, and have accelerated in America the collaboration of psychiatry and social work. Tribute is paid to the foresight of Mr. Clifford Beers who, in his classical autobiography *A Mind that Found Itself*, published in 1908, outlined a plan for the establishment of a national society for the purpose of initiating reforms in the care and treatment of the mentally ill, and for the creation of services directed toward the prevention of mental illness. As a direct consequence the National Council for Mental Hygiene was founded in New York in 1909.

Reference is made to the work of Dr. William Healy at the Juvenile Psychopathic Institute at Chicago and to his outstanding book *The Individual Delinquent*; to the psychiatric studies of Dr. Bernard Glueck among the prisoners at Sing Sing; to the application of mental hygiene to the problems of industry by Dr. E. E. Southard, and to the labours of many others whose names remind the reader of the virile approach, patient research and steadfast purpose of American psychiatrists.

Eugenic sterilization is discussed in a chapter on mental defect, and the author states that it has been estimated that about 89 per cent. of inheritable mental defect is transmitted through carriers. He considers a great deal more scientific research, and less speculation, is required before sterilization can be scientifically employed on a considerable scale.

A chapter is devoted to insanity and the criminal law. It appears that in America, as in England, courts, in rapidly increasing numbers, are utilizing the services of psychiatric clinics in the examination of persons accused of crime, and that psychiatric programmes for the reform of the criminal law in harmony with modern scientific findings are receiving increasing attention. The reviewer regrets that the author of so temperate a volume did not take the opportunity to present the reader with information concerning the current position in America regarding

the psychological treatment of crime for there is overstatement on this matter in certain quarters in this country.

Mr. Deutsch has written the twenty-one chapters comprising this book with singular clearness, he has approached his subject as a social historian, and presented it in a manner which will appeal equally to the psychiatrist, the sociologist, and to the social worker.

W. NORWOOD EAST.

POPULATION

Cleland, Wendell. *The Population Problem in Egypt. A Study of Population Trends and Conditions in Modern Egypt.* Lancaster, Penna, 1936. Science Press. Price \$2.00.

THIS is a very useful study likely to be overlooked, but which deserves the thoughtful perusal not only of students of population problems but of those interested in general economic and social conditions, in agriculture, public health, diet, family budgets and standards of living; for it both amasses in convenient form a considerable body of factual information not readily accessible, and on several points makes significant, original contributions. Since 1917 the author has been a member of the faculty of the American University in Cairo. He knows the country and the people better than the majority of natives because he is evidently a good observer and one trained in the methods of western social science.

In ancient times Egypt had an estimated population of 7,000,000. There was considerable decline by the end of the eighteenth century. But from 1897 to 1927 the population doubled. (It was 14,200,000 in 1927. The predicted figure for 1937 is 15,430,000; for 1957 the prediction is 17,000,000.) Cultivated area increased only 8 per cent. in that period (1897-1927), though crops harvested increased 28 per cent. Density of population per acre increased from 1.9 in 1897 to 2.6 in 1927, or 37 per cent. Stated another way, in 1927 Egypt had a density of 1,045 persons per square mile, or five for every two acres.